

## Useful Contacts

### Department of Human Services

Intake - 1800 783 783

### Emergency After Hours Response Service (EARS)

Provides emergency support from 5pm - 9am Monday to Friday, 24 hours on weekends and public holidays

1800 727 280

### Carer Counselling and Advisory Service

1800 242 636

### Commonwealth Carelink Centre

Information for people with disabilities and those who care for them

1800 052 222

### Local Councils

Contact your local council for available services.

### For further information

On disability and respite services available in Melbourne's northern and western suburbs visit the respite north and west website



[www.respitenorthandwest.org.au](http://www.respitenorthandwest.org.au)

## Carers Victoria Respite Connections

Supporting family carers living in the local government areas of Brimbank, Hobsons Bay, Hume, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

We are funded by both the Victorian and Australian governments to offer a range of specialist programs including: Aged, Disability, Mental Health, Carers @ Work and Young Carers.

## To find out more please call (03) 9396 9550

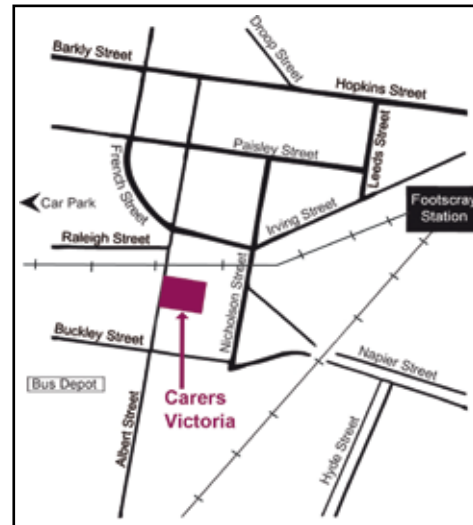
Carers Victoria Respite Connections  
Level 1, 37 Albert Street (PO Box 2204)  
Footscray 3011

TEL (03) 9396 9550  
FAX (03) 9396 9555  
TTY (03) 9396 9587  
EMAIL [rc@carersvic.org.au](mailto:rc@carersvic.org.au)  
[www.carersvic.org.au](http://www.carersvic.org.au)

Do you need an interpreter?

Call 131 450 (local call costs apply)

## How to find us



Melway map 42 C5

# Caring for someone with a disability?



Supporting family carers  
in Melbourne's West

 **Respite  
Connections**

## Who do we help?

When you care for someone with a disability or chronic illness, you may require a range of supports in your caring role. We are able to offer assistance and information, with a focus on respite which allows you to take a break from your caring role. Assistance is available for those people who are caring for a family member or friend with a disability or chronic illness and aged between 0 – 65 years living in Melbourne's western suburbs.

Respite support is different for every family and the aim is to tailor support that meets the carer's individual needs, which may include respite support for yourself and/or your family.



## Looking after yourself

If you are caring for someone with a disability or chronic illness, your own health and wellbeing are also very important. Remembering to take some time out can be of benefit, not only to yourself, but also to the person you are caring for. Respite is one way of doing this.

## Other ways we can help

We can provide support for you by working with other agencies and the community to raise awareness of your needs and concerns.

We also work in partnership with these agencies to support the development of services sensitive to your needs, as well as creating opportunities for you to talk about the issues that affect you.

## How to contact us

For initial inquiries please call

**9396 9550**

and ask for Disability Intake.

Leave your name and contact details with a brief message and a Disability Team member will call you back as soon as possible.

## Older Families Support and Planning

Parents over the age of 65 or Indigenous carers over the age of 45 may be eligible to receive assistance through the Older Family Support and Planning Program.

If you:

- care for a son/daughter who has a lifetime disability and lives at home with you
- have not accessed regular respite
- live in Melbourne's Western suburbs
- are concerned about what will happen in the future

For further information about this program call 9396 9550 and ask for the Older Families Support and Planning Program Worker.

